

# JULY MENU

FUNDED BY NEW YORK DEPARTMENT FOR THE AGING

MENU SUBJECT TO CHANGE - MILK, JUICE & BREAD SERVED WITH ALL LUNCHES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BAKED BREADED CHICKEN CUTLET COUSCOUS W/PEAS & LEMON BABY CARROTS ORANGE	3 BAR-B-QUE RIBS - OR- CHICKEN MACARONI SALAD CORN ON THE COB WATERMELLON TOSSED SALAD	4 CENTER CLOSED 	5 BROCCOLI CHEESE QUESADILLA BABY SPINACH SALAD CORN & RED PEPPERS FRUIT COCKTAIL	6 APRICOT GLAZED SALMON EGG BARLEY W/ MUSHROOMS SAUTEED ZUCCHINI TANGERINE
9 VEGETARIAN LASAGNA BABY SPINACH SALAD FRUIT COCKTAIL	10 STEWED PORK CHOPS MASHED SWEET POTATOES WINTER BLEND VEGETABLES APPLE	11 CHILI CON CARNE BROWN RICE CORN & RED PEPPERS SLICED PEACHES	12 CHICKEN & BROCCOLI STIR FRY LO MEIN COLLARD GREENS W/TOMATO BANANA	13 BAKED TILAPIA IN CREOLE SAUCE RED BLISS POTATOES STEAMED PEAS & CARROTS ORANGE
16 ARROZ CON POLLO (CHICKEN BREST & RICE) KALE & TOMATO APPLE	17 BEEF & BROCCOLI LO MEIN CHINESE STYLE MUSTARD GREENS ORANGE	18 HOMEMADE HAMBURGER HOME FRIES MIXED GREEN SALAD CANNED MANDARINS	19 BAKED CHICKEN BAKED SWEET POTATO BRUSSEL SPROUTS & KALE BANANA	20 BAKED BREADED FISH CALIFORNIA BLEND VEGETABLES TANGERINE
23 BEEF & TURKEY MEATLOAF W/MUSHROOM GRAVY BOWTIE PASTA W/KASHA STEAMED CAULIFLOWER CANNED APRICOTS	24 PERNIL (ROASTED PORK) BROWN RICE PILAF COLLARD GREENS CANNED PINEAPPLE	25 CHICKEN BARLEY & VEGGIE SOUP BROCCOLI CHEESE QUESADILLA ROASTED PEPPERS BANANA	26 SEAFOOD SALAD POTATO SALAD TOSS SALAD ORANGE	27 BAKED FISH W/GARLIC SAUCE RED BLISS POTATOES SAUTEED SPINACH MANGO
30 CHICKEN CHUNKS W/RED SAUCE BOWTIE NOODLES SAUTEED SPINACH ORANGE	31 BBQ CHICKEN MACARONI SALAD GREEN BEANS FRUIT COCKTAIL			

# JULY - 2018

FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING - ACTIVITIES ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NURSING HOME VISIT TO SEE ANN WILLIAMS	3 10:30AM PUMP IT UP W/GERARD	4 CENTER CLOSED 	5 10:30 TRIP WALMART  11:00AM CONVERSATION W/JOHN CAPE PROGRAM	6 10:45AM JOIN THE M & M MEMORY GROUP W/RUTH (EVERY FRIDAY)  1:00PM TABLE GAMES
9 10:15AM SAIL STAY ACTIVE AND INDEPENDENT FOR LIFE - MP1	10 10:30AM PUMP IT UP W/GERARD  1:00PM BLOSSOM HOME CARE SHIRA LOEB	11 10:15AM SAIL STAY ACTIVE AND INDEPENDENT FOR LIFE—MP1  10:30AM MEDICARE/MEDICAID COMPLETE HEALTH FIRST	12 10:30AM CALENDAR MTIG  MOVIE AFTERNOON	13 1:00PM SUMMER CONCERT W/THE SALINAS BROTHERS
16 10:00AM ADVISORY Bd MTG  10:15AM SAIL STAY ACTIVE AND INDEPENDENT FOR LIFE - MP1	17  METRO CARD BUS 9:00A-12N 10:30AM PUMP IT UP W/GERARD  1:00PM GENERAL MEMBERSHIP MTG  SUMMER TREAT!!	18 10:15AM SAIL STAY ACTIVE AND INDEPENDENT FOR LIFE - MP1	19 1:00PM BREAST & PROSTATE CANCER AWARENESS NY PRESBYTERIAN QUEENS	20 10:30AM - 2:00PM HOMEOWNERS FAIR  SPONSORED BY SENATOR LEROY COMRIE
23 10:15AM SAIL STAY ACTIVE AND INDEPENDENT FOR LIFE - MP1	24 10:30AM PUMP IT UP W/GERARD	25 10:15AM SAIL STAY ACTIVE AND INDEPENDENT FOR LIFE - MP1  1:00PM AETNA PRESENTATION	26 1:00PM JACKSON CENTER BEACH PARTY!	27 1:00P:M OPEN MIC BRING YOUR MEMORIES & FUNNY STORIES
30 10:15AM SAIL STAY ACTIVE AND INDEPENDENT FOR LIFE - MP1	31 10:30AM PUMP IT UP W/GERARD 	JOIN THE SAIL EXERCISE CLASS FOR THE NEXT 12 WEEKS WE WILL MEET MONDAY & WEDNESDAY 10:45 - 11:30AM - MP1 REGISTRATION: SEE ELENA DELACRUZ		

## DAILY ACTIVITIES

BREAKFAST 9:00AM - 10:00AM  
LUNCH: 11:00AM - 1:00PM

### CASE ASSISTANT:

TUESDAY, WEDNESDAY, FRIDAY 8:30A-4:30A

BILLARDS (POOL ROOM) 10 AM -12NOON  
BILLIARDS (POOL ROOM) 1:00PM - 4:00PM  
DOMINOES 10:30AM-11:30AM  
DOMINOES 1:00PM - 4:00PM

### MONDAY ACTIVITIES

HEALTH TALK ..... 9:30AM - 10:30 A.M  
BOOK CLUB (1ST & 3RD MONDAY OF MONTH) 10:45-11:30AM  
BINGO MADNESS ..... 1:00PM - 2:00 PM

### TUESDAY ACTIVITIES

ARTS & CRAFT ..... 10:00AM - 11:00AM  
EXERCISE/TOMMY EXP. 10:15AM -10:45AM  
CHORAL GROUP ..... 12:30PM -1:30PM  
LET'S TALK CURRENT EVENTS 1:00PM - 2:00PM  
ARTS & CRAFT ..... 1:30PM - 2:30PM

### WEDNESDAY ACTIVITIES

BLOOD PRESSURE CHECKUPS.....10:00 - 12N  
BINGO MADNESS,,,,,,,,,,,,,,,,,,,,,1:00 - 2:00 PM

### THURSDAY ACTIVITIES

YOGA..... 10:00AM -11:00AM  
ARTS & CRAFT ..... 10:00AM - 11:00AM  
CHORAL GROUP ..... 12:30PM - 1:30PM  
SPECIAL EVENT PROGRAMING....1:00P - 2:00P

### FRIDAY ACTIVITIES

LINE DANCING W/ROSE 1:00PM - 2:00PM  
EXERCISE/TOMMY EXP. 10:15AM -11:00AM  
HAPPY HOUR:(ALTERNATE FRIDAY)1:00PM - 2:00PM  
BONUS BINGO (ALTERNATE FRIDAY)1:00PM - 2:00PM

## Announcements:

### CAPE PROGRAM

### COMMUNITY ADVISORY FOR THE ELDERLY

THEODORA G. JACKSON ADULT CENTER  
92-47 165TH ST - JAMAICA, NY

INDIVIDUAL, GROUP, AND FAMILY THERAPY  
EMOTIONAL SUPPORT

WORKSHOPS AND HEALTH CHATS  
CLIENT MUST BE AT LEAST 60 YEARS OLD

### YOU CAN TALK TO ONE OF OUR COUNSELORS

YUANYUAN

MONDAY: 9:30AM ~ 4:30PM

JOHN

THURSDAY: 10:00AM ~ 1:00PM

RUTH

FRIDAY: 8:00AM ~1:00PM

718 224-0566

## Upcoming Events

TUESDAY

AUGUST 21, 2018

“NUNSENSE”

HUNTERDON HILLS PLAYHOUSE  
HAMPTON, NJ

TICKETS: \$95.00

INCLUDES:

TRANSPORTATION - LUNCH - PLAY  
RESERVE YOUR SPACE TODAY!